

Board of Education Agenda Item

Item: K.

Date: March 23, 2005

Topic: Status Update on the Recommendations of the Joint Committee of the Board of Education and Board of Health Regarding the Feasibility of Developing an Education Curriculum for Proper Nutrition and Exercise for Students in Grades K-12

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Origin:

☒ Topic presented for information only (no board action required)

☐ Board review required by
☐ State or federal law or regulation
☐ Board of Education regulation
☐ Other: _____

☐ Action requested at this meeting ☐ Action requested at future meeting: _____ (date)

Previous Review/Action:

☐ No previous board review/action

☒ Previous review/action
date October 28, 2004
action Final report of the joint committee of the Board of Education and Board of Health was received by the Board of Education.

Background Information:

A joint committee of the Board of Health and the Board of Education was established in 2004 to study the feasibility of developing an education curriculum for proper nutrition and exercise for students in grades K-12. The committee also examined broader issues concerning nutrition and physical activity among K-12 students. The final report of the joint committee was received by the Board of Education at its October 2004 meeting. The summary recommendations of the joint committee's final report were:

- 1) **Develop curriculum for proper nutrition and physical education.** The report recommendation was curriculum development should continue to be the responsibility of local school divisions with guidance and technical assistance provided by the Virginia Department of Education with consultation from the Virginia Department of Health.
- 2) **Establish state guidelines for school divisions to use in developing a nutrition and physical activity policy at the local level.** Goals for the state guidelines and recommendations were provided in the report.

- 3) **Establish a mechanism for state level evaluations and technical assistance.** Recommendations for evaluation and technical assistance were provided in the report.
- 4) **Continue collaboration between the Departments of Education and Health on issues concerning the health of the school age population.** The report recommendation was to continue to focus on developing school-based strategies for preventing childhood obesity.

The Board of Education requested the department study the joint committee report recommendations and advise the Board on the feasibility of implementation. This status report provides information regarding implementation of the following recommendations:

- Establish state guidelines for school divisions to use in developing a nutrition and physical activity policy at the local level;
- Establish a mechanism for state level evaluation and technical assistance;
- Continue collaboration between the Departments of Education and Health.

The attached report provides a crosswalk table to compare the recommendations of the joint committee's report with the Governor's Awards Program for Nutrition and Physical Activity and other agency activities currently being implemented to address nutrition and physical activity in the schools.

The Governor's Nutrition and Physical Activity Awards Program is an incentive program intended to drive best practices and policy changes at the school and division levels, enhance student health, and improve academic achievement. Best practices that support proper nutrition and increased physical activity for K-12 students form the basis of the Governor's Nutrition and Physical Activity Scorecard. The best practices and policies recommended by the Joint Committee of the Board of Education and Board of Health, the Virginia Action for Healthy Kids coalition, and national and state organizations are incorporated into the scorecard. A tiered recognition program based on a point system rewards schools for implementing these best practices.

Summary of Major Elements:

The joint committee's recommendations suggest 16 different areas for goals, including nutrition standards for all foods and beverages available anywhere on the school campus during the school day. The Governor's Nutrition and Physical Activity Scorecard and Awards Program directly addresses 11 of these goals, including all of the suggested nutrition standards, as illustrated in Table I. Other goals are addressed through current activities of the Department of Education, as summarized in Table II.

Superintendent's Recommendation: N/A

Impact on Resources:

Implementation of these recommendations and use of the scorecard is voluntary. The fiscal impact for local school divisions that choose to implement the recommendations would be managed at the local level. Examples of potential fiscal impact are changes to the school schedule to provide additional time for physical education and recess, development of new bid specifications for foods and beverages to meet the recommended guidelines, and alternate sources of revenue if sales volume decreases when the nutrition standards are applied or if the cost of products sold increases. The scorecard is free to school divisions and is currently supported by the department with school nutrition administrative funds.

Timetable for Further Review/Action: N/A

**Comparison of Governor Warner's Nutrition and Physical Activity Scorecard and Awards
Program and the
Joint Committee of the Board of Education and the Board of Health on Physical Activity and
Nutrition in Grades K-12**

The joint committee's recommendations as provided in their *Final Report* of September 7, 2004, include the following:

- State guidelines be established for school divisions to use in developing a Nutrition and Physical Activity Policy at the local level;
- A mechanism be established for state level evaluations and technical assistance;
- Collaboration between the Departments of Education and Health be continued.

The joint committee's recommendations suggest 16 different areas for goals, including nutrition standards for all foods and beverages available anywhere on the school campus. The Governor's Nutrition and Physical Activity Scorecard and Awards Program directly addresses 11 of these goals, including all of the suggested nutrition standards, as illustrated in Table I. Other goals are addressed through activities of the Department of Education, as summarized in Table II.

There are several recommended goals that the scorecard and current agency activities do not yet address. Some of these items require further study by the Department of Education, and others represent local school board policy decisions. They are as follows:

- 6c: Evenly divide the percentage of instructional time between health instruction and physical education for all health and physical education courses.
- 6e: Incorporate agricultural education programs in schools, within the current SOL framework, such as the USDA funded Farm to School program and school gardening programs.
- 6l: Encourage school staff to use non-food items as a reward for students.
- 6n: Recommend the BOE evaluate the feasibility of requiring physical education daily.
- 6o: Recommend that aggregate fitness data currently collected by each school be reported to VDOE and incorporated into the School Performance Report Card.

TABLE I
COMPARISON OF JOINT COMMITTEE’S RECOMMENDATIONS FOR PHYSICAL
ACTIVITY AND NUTRITION GUIDELINES AND THE SCORECARD AWARDS PROGRAM

BOE and BOH Recommendations	Page	Governor’s Scorecard and Awards Program Standards	Page
#6a – Integrate nutrition, health, and physical education concepts into core curriculum.	7	#7 - Schools integrate health and physical education concepts and other curriculum areas.	4
#6b – Strive to provide daily health and physical education.	8	#1 - All students receive physical education for at least 150 minutes per week (for elementary) and 225 minutes per week (for middle and high school).	2
#6d – Incorporate physical activity during recess and strive for 30 minutes per day.	8	#2 - Elementary school provides a minimum of 30 minutes of daily recess that promotes physical activity.	2
#6f – Have School Health Advisory Board (SHAB) report on benchmarks to improve nutrition, physical education and physical activity.	8	The school/school division scorecard team must share scorecard results with SHAB.	Intro.
#6g – Recognize nutrition staff as part of education team.	8	#27 - There is collaboration between the cafeteria and the classroom to reinforce nutrition education. Nutrition coordinators and managers are also a required part of scorecard team.	11 & Intro.
#6h – Participate in the National School Lunch Program and School Breakfast Program.	8	#12 - The school participates in the USDA National School Lunch Program. #13 - The school participates in the USDA School Breakfast Program.	6
#6i – Have enough time to eat at appropriate times of day.	8	#15 - Students have adequate time to eat school meals.	7
#6j – Limit fundraising to non-food activities.	8	#26 - Fund-raising organizations are encouraged to limit the sale of high fat or high calorie foods and have minimum nutrition standards for all foods sold.	11
#6k – Educate families on nutrition and physical activity.	8	#5 - The school provides students and their families opportunities to participate in a variety of physical activities. #31 - Nutrition information is provided regularly to parents. #32 - The school has a Nutrition Advisory Council (or similar committee) that includes parents.	3, 13-14

BOE and BOH Recommendations	Page	Governor's Scorecard and Awards Program Standards	Page
		#33 - Partnerships are developed to strengthen the mission of improving the nutritional status of children. #34 - Menus and nutrition messages are posted monthly on the school's Web site.	
#6m – Market and promote healthy eating and physical activity.	8	#28 - Adults eat with students and serve as role models for healthy eating practices. #31- Nutrition information is provided regularly to parents. #33 - Partnerships are developed to strengthen the mission of improving the nutritional status of children. #34 - Menus and nutrition messages are posted monthly on the school's Web site.	12-14

BOE and BOH Recommendations	Page	Governor's Scorecard and Awards Program Standards	Page
<p>#6p – Encourage school divisions to use guidelines to develop local ‘wellness’ policies.</p> <p>(The Child Nutrition and WIC Reauthorization Act of 2004 (P.L. 108-265, section 204) requires school divisions participating in the National School Lunch Program to adopt a local wellness policy by July 1, 2006. Schools must set goals for nutrition education, physical activity and other school-based activities for promotion of student wellness. Schools must also establish nutrition standards for all foods available during the school day.)</p>	9	<p>#16 - School meals include a variety of foods.</p> <p>#17 - Low-fat and skim milk are available at breakfast and lunch every day.</p> <p>#18 - Meals include appealing, low-fat items.</p> <p>#19 - Food purchasing and preparation practices are used to reduce fat content.</p> <p>#20 - Nutrient analysis software is used in planning menus that meet the <i>School Meals Initiative</i> requirements.</p> <p>#21 - All foods provided (parties, snacks, treats) or sold on campus during the school day must meet minimum nutrient standards.</p> <p>#22 - The only beverages sold by the cafeteria and anywhere on campus during the school day are 100 percent fruit juices or fruit juice drinks with a minimum of 25 percent fruit juice, water, and low-fat or non-fat milk.</p> <p>#23 - The only snacks sold in the cafeteria and on campus during the school day contain fewer than 300 calories per item.</p> <p>#24 - The only snacks sold in the cafeteria and on campus during the school day contain no more than 30 percent of calories from fat (except nuts and seeds) and no more than 10 percent of calories from saturated fat per serving.</p> <p>#25 The only snacks sold in the cafeteria and on campus during the school day are no more than 35 percent by weight sugar per serving.</p> <p>#26 - Fund-raising organizations are encouraged to limit the sale of high fat or high calorie foods and have minimum nutrition standards for all foods sold.</p>	7-11
#6p - Nutrition Standards (2) – offer fruits and vegetables using healthy food preparation techniques.	9	<p>#16 - School meals include a variety of foods.</p> <p>#18 - Meals include appealing, low-</p>	7-9

BOE and BOH Recommendations	Page	Governor's Scorecard and Awards Program Standards	Page
		fat items. #19 - Food purchasing and preparation practices are used to reduce fat content. #21 - All foods provided (parties, snacks, treats) or sold on campus during the school day must meet minimum nutrient standards.	
#6p - Nutrition Standards (3) – offer nonfat or low-fat dairy products, consistent with USDA standards.	9	#17 - Low-fat and skim milk are available at breakfast and lunch every day. #18 - Meals include appealing, low-fat items. #19 - Food purchasing and preparation practices are used to reduce fat content. #21 - All foods provided (parties, snacks, treats) or sold on campus during the school day must meet minimum nutrient standards. #24 - The only snacks sold in the cafeteria and anywhere on campus during the school day contain no more than 30 percent of calories from fat (except nuts and seeds) and no more than 10 percent of calories from saturated fat per serving.	8 & 9
#6p - Nutrition Standards (4) – beverages should contain at least 25% fruit juice with no added sweeteners; soft drinks, sports drinks, punch, other juice and beverages with caffeine should not be available during the school day.	9	#17 - Low-fat and skim milk are available at breakfast and lunch every day. #21 - All foods provided (parties, snacks, treats) or sold on campus during the school day must meet minimum nutrient standards. #22 - The only beverages sold by the cafeteria and anywhere on campus during the school day are 100 percent fruit juices or fruit juice drinks with a minimum of 25 percent fruit juice, water, and low-fat or non-fat milk.	8 & 9

BOE and BOH Recommendations	Page	Governor's Scorecard and Awards Program Standards	Page
#6p - Nutrition Standards (5) – Snacks should be limited to those with no more than 300 Kcal per item, less than 30% of total calories from fat or no more than 35% of sugar by weight.	9	<p>#21 - All foods provided (parties, snacks, treats) or sold on campus during the school day must meet minimum nutrient standards.</p> <p>#23 - The only snacks sold in the cafeteria and anywhere on campus during the school day contain fewer than 300 calories per item.</p> <p>#24 - The only snacks sold in the cafeteria and anywhere on campus during the school day contain no more than 30 percent of calories from fat (except nuts and seeds) and no more than 10 percent of calories from saturated fat per serving.</p> <p>#25 - The only snacks sold in the cafeteria and anywhere on campus during the school day are no more than 35 percent by weight sugar per serving.</p>	9-11

TABLE II
COMPARISON OF JOINT COMMITTEE’S RECOMMENDATIONS AND CURRENT
AGENCY ACTIVITIES

BOE and BOH Recommendations	Page	Current Agency Activities	Page
#5 – Developing curriculum is the responsibility of local school divisions with technical assistance from VDOE	7	Technical Assistance Guides (TAGs) for nutrition and physical activity are available to all school divisions	N/A
#6p – Encourage school divisions to use guidelines to develop local ‘wellness’ policies. Nutrition guidelines developed by Virginia Action for Healthy Kids (VAFHK) may be used as template for incorporation into wellness policies.	9	The Child Nutrition and WIC Reauthorization Act of 2004 (P.L. 108-265, section 204) requires school divisions participating in the National School Lunch Program to adopt a local wellness policy by July 1, 2006. Schools must set goals for nutrition education, physical activity and other school-based activities for promotion of student wellness. Schools must also establish nutrition standards for all foods available during the school day. The DOE school nutrition program will inform school divisions of the requirement through a Superintendents’ Memo, provide technical assistance in development of local policy, and monitor compliance. School divisions will be asked to report on their wellness policies via their required annual SHAB reports.	N/A
#7 – Establish a mechanism for state evaluations and technical assistance #7a --Provide guidance to school divisions for implementation of guidelines provided; Develop a Web-based curricula resource for nutrition, health education and physical education to assist teachers, comparable to core instructional subjects (VDH should review and revise the <i>Virginia School Health Guidelines</i> to enhance nutrition and physical activity components)	10	Ongoing DOE responsibilities. See Health Smart Virginia at http://healthsmartva.pwnet.org/	N/A

BOE and BOH Recommendations	Page	Current Agency Activities	Page
<p>#7b –DMAS should analyze Va. Medicaid data regularly to estimate Va.-specific obesity-related health care costs</p> <p>DOE will survey schools twelve months after the issuance of state guidelines through a joint memo with VDH to monitor progress toward implementation. Survey to be developed and administered pursuant to an assessment plan to be developed by DOE in consultation with VDH.</p> <p>Survey findings to be reported to the BOE and BOH within one year of when recommendations and policies published and disseminated to schools.</p>	10	<p>Governor Warner’s Scorecard presents best practices and standards to school divisions. The interactive Web site enables data to be captured on the current status of schools participating.</p> <p>Implementation status of local wellness policies will be reported to DOE via the annual SHAB report.</p>	N/A